

# Fish Chowder from Home

This is a typical Maritime version of fish chowder, the one I grew up eating. It's served as a main course with bread rolls, oatmeal brown bread, or saltines.

Makes: 4 to 6 servings

1 pound/450 g frozen or fresh haddock

2 cups/500 ml water, more as needed

1 large onion, minced

4 large Yukon Gold potatoes, about 1-1/2 pounds/675 g, peeled and diced or sliced

Salt and pepper

1 354-ml tin evaporated milk

Pinch paprika, to taste

A large handful of finely chopped parsley

2 tablespoons butter

Lay the fish (frozen or fresh) in a large pot and pour the water over. Cover and place over medium-high heat just until the fish flakes, which will be a matter of minutes (don't overcook it). Remove the fish with a slotted spoon to a dish and set aside. Add the onion and potatoes to the fishy water, and, if necessary, top up with water so the potatoes are just covered. Bring to a simmer and gently cook until the vegetables are tender, about 15 minutes.

Break up the cooked fish with a fork and stir it into the soup, along with the evaporated milk. (If the soup is too thick for your liking, add a splash of whole milk.) Season with salt, pepper, and paprika, then stir through the parsley and the butter. Set off the heat. You can eat it right away, but it will be even better if you cool it and refrigerate for a day or two before reheating to serve.